

# Weigh of Life...Taking Action Together

## *Selected References: Steps to Healthy Weight in Children*

### 1. Assess weight status:

- ✓ **Plot weight-for-height, along with weight-for-age and height-for-age**
- ✓ **Beginning at age two, track BMI-for-age**
- ✓ **Talk with parents about weight and BMI**

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Kuczmarski R, Ogden C, Grummer-Strawn L, et al. CDC Growth Charts: United States. Advance data from vital and health statistics; no. 314. Hyattsville, Maryland: National Center for Health Statistics. 2000.

### 2. Join WIC in giving the following messages:

- ✓ **Promote good nutrition and feeding patterns early in life**

#### **Newborn to 1 year old**

- **Breastfeed**
- **Delay introduction of solid food until 4-6 months of age**
- **Feed all solid foods by spoon**
- **Begin to introduce cup at 6 months of age**
- **Delay introduction of juice until after 6 months of age and limit juice to 2-4 ounces per day**
- **Begin weaning from the bottle at 6 months of age and eliminate all bottles by 14 months of age**

#### **1-2 year old**

- **Decrease milk to 16-24 ounces per day**
- **Limit juice to 4 ounces per day**
- **Eliminate all bottles by 14 months of age**
- **Encourage water daily**
- **Limit junk foods, soda, nectar juices, Malta, and fruit/juice drinks**
- **Offer child-size food portions**
- **Offer fruits, vegetables and whole grains daily**

#### **2-5 year old**

- **Offer 16 ounces of skim or 1% low-fat milk per day**
- **Limit juice to 4 ounces per day**
- **Encourage water daily**
- **Limit junk foods, soda, nectar juices, Malta, and fruit/juice drinks**
- **Offer child-size food portions**
- **Offer fruits, vegetables and whole grains daily**

American Academy of Pediatrics, Committee on Nutrition. Prevention of pediatric overweight and obesity. *Pediatr* 2003;112(2):424-430.

American Academy of Pediatrics, Committee on Nutrition. The use and misuse of fruit juice in pediatrics. *Pediatr* 2001;107(5):1210-1213.

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Dewey K. Is breastfeeding protective against child obesity? *J Hum Lact* 2003;19(1):9-18.

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Grummer-Strawn L, Mei Z. Does breastfeeding protect against pediatric overweight? Analysis of Longitudinal Data From the Centers for Disease Control and Prevention Pediatric Nutrition Surveillance System. *Pediatr* 2004;113(2):e81-e86.

Koplan J, Liverman C, and Kraak V. editors, Committee on Prevention of Obesity in Children and Youth. Preventing Childhood Obesity: Health in the Balance. Washington, DC: National Academy Press, 2005.

USDA/DHHS. Dietary Guidelines for Americans 2005. 6<sup>th</sup> edition. Washington DC: Center for Nutrition Policy and Promotion, USDA. 2005.

✓ **Encourage parents to be good role models by eating well and being physically active with their children at least 1 hour everyday**

USDA/DHHS. Dietary Guidelines for Americans 2005. 6<sup>th</sup> edition. Washington DC: Center for Nutrition Policy and Promotion, USDA. 2005.

Golan M. Parents are key players in the prevention and treatment of weight-related problems. *Nutr Rev* 2004;62(1):39-50.

Fox K. Childhood obesity and the role of physical activity. *J R Soc Health* 2004;124(1):34-39.

✓ **Discourage screen time for children younger than 2 years, and limit to no more than 1 or 2 hours per day for children over the age of 2. Encourage more interactive activities that will promote proper brain development, such as talking, playing, singing, and reading together**

American Academy of Pediatrics: Children, adolescents, and television. *Pediatr* 2001;10(2):423-426.

Dennison B. Television viewing and television in bedroom associated with overweight risk among low-income preschool children. *Pediatr* 2002;109(6):1028-35.

Dietz W, and Gortmaker S. Do we fatten our children at the television set? Obesity and television viewing in children and adolescents. *Pediatr* 1985;75(5):807-12.

The Kaiser Family Foundation. The role of media in childhood obesity. Feb 2004;1-12.

Vandewater EA. Linking obesity and activity level with children's television and video game use. *J Adolesc* 2004;2(1):71-85.

✓ **Establish family meal and snack times**

Gable S, Lutz S. Nutrition socialization experiences of children in the Head Start program. *J Am Diet Assoc* 2001;101(3):572-577.

Gillman M, Rifas-Shiman S, Frazier A, Rockett H, Camargo C, Field A, Berkey C, Colditz G. Family dinner and diet quality among older children and adolescents. *Arch Fam Med* 2000;9(3):235-40.

Videon T, Manning C. Influences on adolescent eating patterns: The importance of family meals. *J Adolesc Health* 2003;32(5):365-73.

### **3. Recommend WIC for personalized counseling on feeding young children.**

